

**CHART: Spices and Uses**  
**Updated January 27, 2013**

POP NAME	SCIENTIFIC NAME	PART USE	ETHOMEDICAL USE
Basil	<i>Ocimum spp</i>	Leaf spice	upset stomach
Cinnamon	<i>Cinnamomum zeylanium</i>	Bark spice	Spice, upset stomach, vomiting, colds, tea
Garlic	<i>Allium sativum</i>	Cloves	Colds, High blood pressure
Ginger	<i>Zingiber officinale</i>	Root spice	Gastroenteritis, upset stomach, stomach ache
Nutmeg	<i>Myristica fragrans</i>	Nut	Diarrhoea
Nutmeg	<i>Myristica fragrans</i>	Nut	Motion sickness
Pimento		Leaf	Diarrhoea
Pimento (green)	<i>Pimenta dioica</i>	Seed	Influenza
Pimento & Ginger	<i>Pimenta dioica &amp;</i> <i>Zingiber officinalis</i>	Leaf & Root	Diabetes
Radish	<i>Raphanus sativus</i>	Swollen Root	Regulate blood pressure
Rum	<i>Pothomorphe umbellate</i>	Leaf	Headache
The list is not exhausted. So do please check periodically for more!			
You may also check other charts on plants, teas and more on this website			
Also recommended: Charts on herbs			